

Statistics Report 36001, APPLEBEE'S, Double Crunch Shrimp

Report Date: July 04, 2017 17:09 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	40.12	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Energy	kcal	323	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2009
Energy	kJ	1352	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2014
Protein 1	g	12.31	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Total lipid (fat) 1	g	18.90	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Ash 1	g	2.71	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Carbohydrate, by difference	g	25.96	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2014
Fiber, total dietary 1	g	2.6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Sugars, total 1	g	1.07	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	0.30	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Glucose (dextrose) 1	g	0.07	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Fructose 1	g	0.20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Lactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
Maltose 1	g	0.50	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Galactose 1	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
Starch 1	g	22.80	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Minerals													
Calcium, Ca 1	mg	45	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Iron, Fe 1	mg	1.03	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Magnesium, Mg 1	mg	23	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014

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Phosphorus, P 1	mg	271	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Potassium, K 1	mg	97	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Sodium, Na 1	mg	838	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Zinc, Zn 1	mg	0.78	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Copper, Cu 1	mg	0.140	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Manganese, Mn 1	mg	0.281	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Selenium, Se 1	µg	26.6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Vitamins													
Thiamin 1	mg	0.090	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Riboflavin 1	mg	0.089	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Niacin 1	mg	0.900	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid 1	mg	0.340	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Vitamin B-6 1	mg	0.055	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Folate, total 1	µg	14	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Choline, total 1	mg	50.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Vitamin B-12 1	µg	0.43	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Vitamin A, RAE	µg	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Retinol 1	µg	2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Vitamin A, IU	IU	5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Vitamin E (alpha-tocopherol) 1	mg	1.97	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Tocopherol, beta 1	mg	0.22	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014

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Tocopherol, gamma 1	mg	8.31	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Tocopherol, delta 1	mg	3.35	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Vitamin K (phylloquinone) 1	µg	29.1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Lipids													
Fatty acids, total saturated	g	3.366	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2014
4:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
6:0 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
8:0 1	g	0.006	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
10:0 1	g	0.005	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
12:0 1	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
14:0 1	g	0.020	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:0 1	g	0.006	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
16:0 1	g	1.991	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
17:0 1	g	0.022	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
18:0 1	g	1.163	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
20:0 1	g	0.065	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
22:0 1	g	0.063	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
24:0 1	g	0.023	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Fatty acids, total monounsaturated	g	4.235	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2014
14:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
15:1 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated 1	g	0.035	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
16:1 c 1	g	0.033	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
16:1 t 1	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
17:1 1	g	0.011	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
18:1 undifferentiated 1	g	4.058	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
18:1 c 1	g	4.018	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
18:1 t 1	g	0.040	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
20:1 1	g	0.131	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
22:1 undifferentiated 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
22:1 c 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 t 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
24:1 c 1	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Fatty acids, total polyunsaturated	g	9.682	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2014
18:2 undifferentiated 1	g	8.505	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
18:2 n-6 c,c 1	g	8.379	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
18:2 CLAs 1	g	0.021	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
18:2 t not further defined 1	g	0.105	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
18:3 undifferentiated 1	g	1.067	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
18:3 n-3 c,c,c (ALA) 1	g	0.977	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
18:3 n-6 c,c,c 1	g	0.090	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3i 1 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
18:4 1 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
20:2 n-6 c,c 1 2	g	0.010	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
20:3 undifferentiated 1 2	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
20:3 n-6 1 2	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
20:4 undifferentiated 1 2	g	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
20:5 n-3 (EPA) 1 2	g	0.034	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
22:4 1 2	g	0.003	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
22:5 n-3 (DPA) 1 2	g	0.004	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
22:6 n-3 (DHA) 1 2	g	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.147	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2014
Fatty acids, total trans-monoenoic	g	0.042	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2014
Cholesterol 1	mg	86	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2009
Amino Acids													
Tryptophan 2	g	0.139	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Threonine 2	g	0.447	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Isoleucine 2	g	0.526	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Leucine 2	g	0.959	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Lysine 2	g	0.829	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Methionine 2	g	0.282	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Cystine 2	g	0.167	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Phenylalanine 2	g	0.550	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tyrosine 2	g	0.415	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Valine 2	g	0.548	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Arginine 2	g	0.894	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Histidine 2	g	0.263	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Alanine 2	g	0.622	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Aspartic acid 2	g	1.075	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Glutamic acid 2	g	2.680	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Glycine 2	g	0.582	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Proline 2	g	0.792	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014
Serine 2	g	0.486	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2014

Sources of Data
¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 17g, 2013 Beltsville MD

²*Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 12c, 2008* Beltsville MD